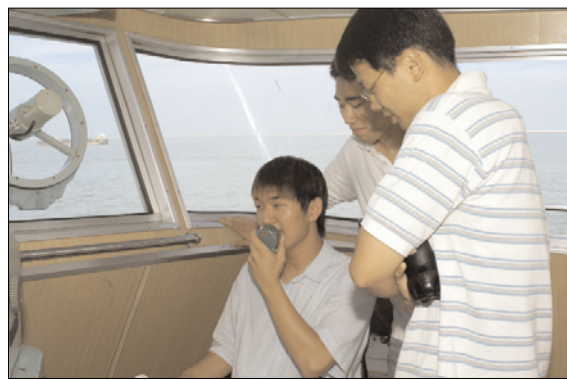


Wolf Pack WARRIOR

Vol. 18, No. 33 8th Fighter Wing, Kunsan Air Base, Republic of Korea Sept. 13, 2003



KAGA sponsors boat tour for Wolf Pack

See pages 6 and 7

NEWS BRIEFS

Off limits

The 8th Security Forces Squadron's small arms firing range on Little Coyote in buildings 3500 and 3501, and the areas adjacent to the range are off limits to all unauthorized personnel. For more information, call CATM at 782-5258.

CFC

The 2003 to 2004 Combined Federal Campaign runs for six consecutive weeks, Oct. 1 through Dec. 15 for overseas bases. Exact dates and campaign goals are established in each geographic area by the Local Federal Coordinating Committee and are available through the installation CFC project officer. Local CFC project officers have more information. The CFC website is at www.opm.gov/cfc.

Race and ethnic data changes

Recent statistics led officials at the Air Force Personnel Center to think airmen might not understand the new optional race identification categories or how the Hispanic/Latino designation fits in. So far less than one-third of 1 percent of airmen have chosen to identify themselves as being of more than one race, even though census data shows 2 percent of the nation's population say they are more than one race, officials said. The concern is airmen might be unaware they are now able to voluntarily identify with one, some or all of the five designated race categories. Airmen can also decline to associate themselves with any race.



Photo by Airman 1st Class Jeremy Morris

Big boys

Two airmen review a mission in the shade under the wing of a C-5 Galaxy sitting on the runway at Baghdad International Airport.

Holiday greetings

Broadcasters from the Army and Air Force Hometown News Service have been collecting holiday greetings from troops overseas. Three teams of military broadcasters are expected to return with more than 13,000 individual messages to be sent to local television and radio stations in the United States. The video-taped greetings will be edited and sent to servicemembers' hometown TV stations. Airmen, soldiers, sailors and Marines are invited to participate. Broadcasters will be at Kunsan Sept. 25 and 26. More information to follow when it becomes available.



Photo courtesy of the Republic of Korea Air Force

RESCUED: Col. Robin Rand, 8th fighter Wing commander, gives Capt. Kevin Dydyk, 35th Fighter Squadron pilot, a hug after Captain Dydyk got off the Republic of Korea air force HH-47 helicopter that recovered him after his F-16 crashed into water. Fellow pilots as well as Maj. Laura Brodhag, 35th FS flight doctor, and Col. Kimberly Slawinski, 8th Medical Group commander cheer for Captain Dydyk who was in the water for approximately one and a half hours before the recovery team was able to rescue him.

F-16 Pilot survives crash

ROKAF, survival skills and equipment, dedicated Wolf Pack help get pilot home safely

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

F-16 down ... words no one wants to hear on a crash phone. But on Tuesday, those words were heard by many on base.

An F-16C, assigned to the 35th Fighter Squadron went down at approximately 10:05 a.m. into water about 56.5 miles southwest of Kunsan. The pilot, Capt. Kevin Dydyk, 35th Fighter Squadron, was on a routine training sortie. He safely ejected and was recovered by a Republic of Korea air force HH-47 from Chong Ju Air Base. He arrived at Kunsan at approximately noon and was transported to the 8th Medical Group clinic here.

Captain Dydyk, remarkably, was virtually unharmed.

"The Wolf Pack is extremely thankful Captain Dydyk is alive and well. The day was an awesome display of teamwork. The efforts displayed by all members in maintenance, medical, operations and support, not to mention the efforts of the

ROKAF to bring him home, truly epitomize the Wolf Pack's and the ROKAF's skill and devotion to each other," said Col. Robin Rand, 8th Fighter Wing commander.

Getting home safely takes a lot of coordination before and after a pilot goes down.

The three parts of aircrew protection in the maintenance squadron are the first step to making sure the pilot gets out safely.

Senior Master Sgt. Daniel McHenry, 8th Maintenance Squadron, said there are three critical parts of aircrew protection; survival equipment element, equipment egress and life support.

"The survival equipment element performs maintenance on the ejection seat's stabilization parachute, as well as the personal parachute that got Capt. Dydyk safely to the water," he said.

Tech. Sgt. Daniel Anderson, 8th Maintenance Squadron egress section chief, says the egress section deals with the 49 explosive components involved with ejecting.

"We inspect and maintain the seats and canopies on a minimum every 30 days with a complete inspection every three years," he said.

Life Support ensures aircrew gear is properly fitted and inspected. They pack and install survival kits inside all assigned

F-16 seats, and take it to the next level by teaching basic survival and evasion techniques on land and water to the pilots.

"Each aircrew member is provided the best training and equipment to ensure their mission is a success," said Master Sgt. Dan Hawkins, 8th Operations Support Squadron wing life support.

Sergeant McHenry agrees.

"The folks in these jobs take it extremely seriously. Strict discipline, maintenance and attention to detail is paramount. Once the decision to eject is made, everything has to be perfect. There is no second chance," Sergeant McHenry said.

After the pilot gets to the ground, or as in Captain Dydyk's case the water, someone has to go and get him.

A 7th Air Force representative called a ROKAF representative who dispatched the helicopters for the rescue and recovery, said Col. Bill Coutts, 8th Fighter Wing vice commander.

"This was my first real life rescue of a human life," said ROKAF Senior Master Sgt. Seo, Ki Ju, the man who actually dove into the water to hoist Captain Dydyk to safety. "The weather was a big issue, but I made eye contact with the pilot in the water and that was a big help."

see SURVIVOR, page 3

‘Where Were You When the World Stopped Turning on That September Day?’

By Lt. Col. Janet Deltuva
8th Medical Operations
Squadron commander

Do you recognize these words by country singer Alan Jackson? They’re words to a song he wrote after the tragic events of September 11, 2001. Where were you? Do you remember what you were doing? But the most important question ... what did you learn?

A lot happened to all of us that day. As a nation, we learned a lot of lessons the hard way. I was working in the Pentagon that September 11th. When I think back to what I learned, my thoughts converge on the word “readiness.” After Sept. 11, 2001, my definition of readiness expanded to include spiritual readiness, physical readiness, technical readiness and personal readiness.

The first, and in my mind the most important, is spiritual readiness. When you are spiritually ready, everything else falls into line. Spiritual readiness for me began almost 10 months prior to that fateful day when I purchased a Bible and read it on my daily metro commute. As I read the Bible over those 10 months and talked about it with friends, some joked, “Oh Janet, you are just studying for the final.” But on September 11th, I thought the unscheduled final had come. Immediately after the attack at the Pentagon I made my way to the courtyard to assist with the medical care of the injured. When I entered the courtyard, the scene was horrible. There were people gasping for air because their lungs were choked with smoke. Some people had burns and others were in shock. One man was

in really bad shape, his burned skin hanging off him like gray confetti. I scrambled to look for supplies as the doctors and nurses rendered care. At the beginning of all this, I prayed. “Jesus, help me know what to do and not get in the way.”

Suddenly we heard a call on the brick ... “Inbound plane 2 minutes out.” For a few desperate moments, we all thought it was another terrorist plane coming our way. We did our best to move patients out of the courtyard, but fell short of our goal and simply had to take cover. As I heard the roar of the approaching plane ... crouching in the courtyard, expecting the inbound plane to be another attack, I knew I was “ready” if you will, to return to the Lord if it were to be my time. When I prayed in the courtyard, God was a best friend ... not someone I just thought of in a crisis.

Spiritual readiness was important to many people assisting with the Pentagon crash scene. At one point, we heard a loud cheer and clapping coming from the Pentagon. “Finally, survivors!” I thought. I looked over to see a firefighter in one of the windows holding up an American flag. When he brought the flag out, all military personnel stood at attention and saluted. They performed an official flag folding ceremony and the folded flag was handed to an Army three star general. It seemed almost instinctive as several chaplains surrounded the general and started to pray. More and more people joined the circle. It was the first time for many to shed a tear.

Physical readiness is in every survivor’s story, both at the Pentagon and the World Trade Towers. For me, running with a box of supplies and helping to carry or escort injured was

not something I trained for like I might a marathon or cycling event. Nevertheless, my regular fitness program paid huge dividends that day. You should know this and take the Chief of Staff’s Fitness challenge very seriously. We simply cannot minimize our need to be physically ready for any event that may come our way, military or otherwise.

Technical readiness is the one area we at Kunsan get plenty of practice in. Our readiness training makes you prepared and tough, both physically and emotionally. You will never appreciate the value of realistic training until you are required to draw upon your resources. This training will become instinct if the time ever comes for you to rely on it.

Last, but certainly not least, personal readiness. Knowing I may never see my family again made me appreciate my relationship with them very intensely. Knowing all was well with them was even more important. Again, as I waited for the outcome of the inbound plane, I was grateful that I did not have any issues my friends and family would have to deal with if the most tragic outcome were to have occurred.

Personal readiness is one thing that needs to be a two way street in your life. You, your spouse, family and friends need to build, repair and sustain relationships, not only for personal readiness in the event of a tragedy, but because it is the right thing to do.

Complete readiness — spiritual, physical, technical and personal — is the only way to be fully mission-capable. You cannot afford for any one area not to be exercised. How ready were you on that September day? How ready are you today?

Sept. 18 marks 56 years for Air Force

By Gen. Bill Begert
Pacific Air Forces commander

HICKAM AIR FORCE BASE, Hawaii — On Sept. 18 the Air Force will celebrate a 56-year legacy — founded on tradition, steeped in excellence and focused on improving the way we conduct our business.

From our humble beginnings in 1947, the U.S. Air Force has transformed into the world’s dominant air and space power. As you know, it

took many generations of Americans who have gone before us to establish the proud legacy we enjoy today. From the Far East Air Forces flying the “Hump” over the Himalayas, and heroic engagements in “MIG Alley,” to missions over the Ho-Chi-Min trail, Afghanistan and Iraq, America’s airmen have dominated the skies in their fight for freedom.

Through these years of service, the men and women of Pacific Air

Forces have met every challenge and defended our nation with honor. More than ever before, you provide a steadfast and credible forward military presence that is critical to ensuring peace and stability in the Asia-Pacific region.

As you celebrate 56 years of extraordinary service, I encourage each of you to take an active part in Air Force birthday activities taking place at your location and throughout the Pacific theater. You play a vital role in keeping the

traditions and values of those who came before us alive, and you are the key to passing these same traditions and values to those who follow.

Happy birthday to each of you — America’s airmen, past and present! Thank you for your dedication, commitment and professionalism. I couldn’t be prouder to serve with the men and women of the world’s greatest Air Force!

See photo feature on page 12

ACTION LINE 782-5284

action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
OSI.....	782-4522
Public Affairs.....	782-4705
Telephone Repair.....	119

Editors Note: Due to the exercise in July, Senior Airman Michelle Johnson, 8th Aircraft Maintenance Squadron commander support staff customer service representative, who was chosen for Pride of the Pack, was not publicized in the newspaper. Her Pride of the Pack can be seen on page five. Congratulations Airman Johnson.

LISTEN

Wolf Pack Radio 88.5 FM
Weekdays — 5 to 10 a.m.
Request songs at 782-4373
or www.afnkorea.com

WOLF PACK WARRIOR
Vol. 18, No. 33

Defend the base
Accept follow-on forces
Take the fight North

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Content

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Submissions

Deadline for submissions to the **WOLF PACK WARRIOR** is noon Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

Contact Us

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MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	352	82
80th FS	352	92
8th FW	704	174

Community standard

During hours of darkness, everyone wearing a military uniform will wear a reflective safety belt or vest while outdoors. For the purpose of this rule, hours of darkness begin 15 minutes before sunset and end 15 minutes after sunrise. The only exception is uniformed security forces personnel when on duty, including augmentees. Personnel wearing civilian attire are also highly encouraged to wear reflective gear.

Loring Club increases dues

By Maj. Marc Picollo
8th Services Squadron commander

Loring Club membership dues will increase from \$6 to \$9 for enlisted members and from \$9 to \$12 for officers starting Oct. 1.

The Nonappropriated Fund Council approved a \$3 per month increase in club dues in response to rising costs when they met in August.

The last dues increase at the club was 15 years ago in 1988. Over that period, local wages have increased 140 percent, while membership programs have continued to expand.

"The good news," explained Chuck Maneri, 8th Services Squadron Business Flight chief, "is we'll be able to maintain all our current programming and the outstanding customer service the Loring Club is famous for."

"Club membership is a great value, more so at the Loring Club than any other club in the Air Force," said Don Montgomery, club manager. "The club has a vast array of programs designed to give something back to the customers. Special events are also a frequent occurrence. In August the club celebrated winning honors as the 'Best Collocated Club in the Air Force' for the second year in a row by hosting a huge

bash. Club members received over \$3,000 in giveaways."

Now is the best time to join the club, explained Mr. Montgomery. Everyone who joins the club before Nov. 18 has a chance to win one of eight travel packages to be given away within Pacific Air Forces command and an additional eight packages will be given away to current members.

According to Mr. Montgomery, current members are automatically enrolled in the sweepstakes.

"We have the best collocated club in the Air Force," Mr. Montgomery said. "The dues increase allows us to keep doing what we do best — providing great programs and great service. When you look at the incredible benefits of being a member of the club, I think you'll agree membership pays."

The club makes converting memberships for newcomers easy too. To make the transition, members may take a copy of their orders to the cashiers cage within 90 days of arrival. They will assist the member in updating mailing and contact information, and give each transferring member \$25 in coupons to welcome them.

For more information about the club or programs the club offers, call Mr. Montgomery at 782-4575 or e-mail him at donald.montgomery@kunsan.af.mil.

Club membership benefits

- Hosting of events such as pinning on ceremonies, dining-ins, Air Force balls, and promotion and awards ceremonies
- Free membership meals Wednesdays and Fridays
- Free post-exercise steak dinner
- Sunday Brunches
- Reciprocal privileges at Air Force Clubs worldwide
- Members Only programs; live music, dining, comedians, complimentary buffets and meals, and more
- full cashier services; free check cashing, dues and MasterCard payments, and currency exchange
- Air Force Clubs Scholarship program, \$25,000
- Easy PCS club membership transfer

SURVIVOR, continued from page 1

The crew of the HH-47, who practice rescue and recovery exercises with the American forces in Korea, said they too go to survival school and Captain Dydyk, who was in the water over an hour and a half, did everything correctly.

"By doing everything he was taught, he kept himself alive," ROKAF Capt. Yi, Myong Jin, a pilot of the HH-47.

Once Captain Dydyk made it back to the base, the 8th Medical Group was there to take care of his medical needs. Col. Kimberly Slawinski, 8th Medical Group commander, said she has responded to many in-flight emergencies in her career and the medical personnel who were involved with this one did a great job.

"At the first call on the crash net, the medical group mobilized immediately. Flight surgeons and ambulance crews were put on stand by, and the medical control center stood up," she said. "Preparations were made for taking care of the pilot, either at the medical group, Osan Air Base, or Yongsan Garrison, depending on his condition. Immediately after his arrival back to base, he was transported by ambulance to the medical group where his squadron flight surgeon thoroughly evaluated him."

Maj. (Dr.) Laura Brodhag, a flight surgeon for the 35th Fighter Squadron, was the doctor who evaluated Captain Dydyk.

"He is doing well, and was released from medical care shortly after being evaluated at the flight medicine clinic," she said. "Ejections can produce many types of injuries depending on airspeed, altitude, the pilots body position, etcetera. The main concerns are spinal injuries due to the force applied from the ejection seat mechanism. We also worry about possible flail injuries to the limbs. Since in this case, he landed in the water, we watched for signs of submersion and cold exposure injuries."

However, Major Brodhag is



Photo by Senior Airman Cat Trombley

THE FACES OF HEROES: The crew of the Republic of Korea air force HH-47 that recovered Capt. Kevin Dydyk from the Yellow Sea. For a few members of the crew, this was their first real world mission.

quick to point out, if a pilot ejects within a certain envelope of time, he or she has an excellent chance for survival, and if conditions are favorable, minimal, if any, permanent injuries are expected.

Lt. Col. Rob Givens, 35th Fighter Squadron commander, was happy his pilot returned home safely.

"Thank God he is ok. The ROKAF did an excellent job of bringing him home and life support did a great job making sure his gear worked," he said.

The final step to this story is to figure out what went wrong. The cause of the accident is unknown and a board of qualified officers will investigate the accident.

"The 8th Fighter Wing stood up an Interim Safety Board Tuesday. An Air Force Safety Investigation Board and Accident Investigation Board will arrive at Kunsan in the next few days," Colonel Rand said. "I ask every member of the Wolf Pack to support these boards to the maximum extent possible as they determine the cause of the accident and how to prevent future ones."

Captain Dydyk, however, put the events of the day and the teamwork of the Wolf Pack best.

"Thank you for all your thoughts and prayers. It's was a great feeling to come home to the Wolfpack family Tuesday. Floating out there in the Yellow Sea, I never had a shred of doubt in my mind you all were fighting for me," he said.

BRAC e-mail story deemed a hoax

By Tech. Sgt. David Jablonski
Air Force Print News

WASHINGTON — An e-mail hoax has been circulating through inboxes. The e-mail is a spoofed Air Force Print News story about proposed base realignment and closure actions allegedly affecting all services.

Air Force public affairs officials were alerted to the hoax by a military officers' association in California. The e-mail takes a legitimate Air Force Print News story titled "Air Force releases 2004 realignments," published July 23, and adds a fake list of Department of Defense installations for "closure or realignment."

Officials immediately dismissed the e-mail as a hoax, citing that the ongoing BRAC process is nowhere near complete.

They have not made any assessments, decisions or recommendations for closures and realignments to the BRAC Commission, according to Nelson Gibbs. He is the assistant secretary of the Air Force for installations, environment and logistics.

As part of the budget justification, defense officials must submit a number of reports and certifications to justify the need for the BRAC 2005 round, Mr. Gibbs said.

"This will occur in the February 2004 time frame," Mr. Gibbs said. "As such, recommendations (now) would be premature and not in accordance with the requirements of the BRAC law."

The law establishes procedures that must be followed step by step to develop information, studies, plans and reports needed for such recommendations, he said.

"While we have done much, we are still in the early stages of the formal BRAC process," Mr. Gibbs said.

The Defense Base Closure and Realignment Act prescribes a sequential process officials must follow before they can legally make recommendations for potential closures and realignments of military installations.

DOD officials must submit a force-structure plan based upon an assessment of probable threats to national security through the 20-year period beginning with Oct. 1. The plan includes probable end-strength

levels and major military-force units needed to meet these threats. Units include Air Force wings, Army divisions and Navy carrier and major combatant vessels.

Officials must also submit an installation inventory to comprehensively list the number and categories of military installations worldwide, both by military department and by active and reserve forces.

The secretary further submits a description of the inventory necessary to support the force-structure plan. The description also includes excess infrastructure and infrastructure capacity, and an economic analysis of the effect of potential closures and realignments.

If the secretary determines a further round of BRAC is needed, he must certify that an additional round will result in annual net savings for each military department beginning no later than fiscal 2011.

On a parallel track, BRAC law also requires by Dec. 31 the secretary to propose for public review and comment the selection criteria DOD plans on using to make recommendations.

The criteria must at least include:

- Military value as the primary consideration.
- Extent and timing of potential costs and savings.
- Economic analysis of the impact on local communities.
- Ability of community infrastructure to support current and expanded missions.
- Impact of specified environmental costs.

Department officials must finalize the criteria by Feb. 16 and publish them in the Federal Register.

Questionnaires used to obtain the base data will be adjusted for service-unique functions and common business-oriented functions.

Services' and joint cross-service groups' representatives will then assess the data and make recommendations to the secretary of defense. He then makes an independent review and assessment. The secretary must send his recommendations to the BRAC Commission and Congress by May 16, 2005.

Through this process, bases will be treated fairly, according to Mr. Gibbs.

War on terror requires commitment and money, Rumsfeld says

By Jim Garamone
American Forces Press Service

SHANNON, Ireland — At the heart of President Bush's speech to the country Sunday night is the idea the war on terrorism is a war, and the United States must remain on the offensive, Defense Secretary Donald Rumsfeld said Monday.

He spoke to reporters aboard his plane as he returned from a trip to Iraq, Afghanistan and Kuwait.

"We cannot defend every single place all the time," Secretary Rumsfeld said.

"You have to try to defend, but you must reach out and go after the terrorists and ... find them where they are, find their havens and disrupt their networks. And that takes all elements of national power."

In his Sunday address, President Bush requested an added \$87 billion to pay for military operations and reconstruction projects in the global war on terror. Defense officials said \$75 billion is slated for Iraq and \$5 billion for Afghanistan. The money is requested as a supplemental appropriation to the fiscal 2004 budget. Fiscal 2004 begins Oct. 1.

U.S. national security demands that America make this investment, the presi-

dent said. The war in Iraq is the "central front" in the global war on terrorism.

The U.S. cannot afford to be irresolute on this, Secretary Rumsfeld said, noting there is no doubt terrorists studied past operations before launching attacks. Terrorists studied U.S. operations in Beirut in 1983 and in Somalia in 1993. "They studied instances when the U.S. was dealt a blow and packed it in," Secretary Rumsfeld said.

The secretary said political attacks on the anti-terrorism effort could prove harmful. Attacks on these policies could give terrorists the impression a new administration might soften anti-terrorist goals.

"They take heart in that," Secretary Rumsfeld said. These political attacks may lead to more money going to terror groups and more recruits for the groups. It also could encourage groups to hang on to life "and that makes our task more difficult."

But this does not mean there should not be a debate in America about the global war on terrorism, the secretary said. "There should be (a debate). We can live with a healthy debate as long as it is as elevated as possible, and as civil as possible."

Secretary Rumsfeld said he believes Americans are well aware of the price tag anti-terrorist operations carry, and he believes they are willing to pay it. "There are going to be losses if you do nothing

— as we saw on Sept. 11," he said. "There are going to be losses if we do something. We've got to advance our cause of people being able to live as free people rather than allowing the terrorists to advance their cause of restricting our lives and freedoms."

Operations and reconstruction in Iraq and Afghanistan will take time. "Now would it be nice (if) the minute the war ended, there was a clean, pure, democratically civilian-controlled army or border patrols, police departments or site protection teams that could have, in one second, taken over?" the secretary asked. "Would that have been nice? Of course. Has it ever happened in the history of mankind? Of course not."

No one can forecast what will happen in the next year, Secretary Rumsfeld said. "But the president realizes what's at stake, and he set it out for the American people," he said. "(President Bush) gave an honest summary of what he believes to be the likely cost to the U.S."

The secretary said he believes the American people understand the scope and peril of the terrorist threat. "One has to look at ... the cost — the cost in lives, the cost in money," he said. "But one would also have to look at the cost if one were to decide to throw in the towel."

"There is no middle ground," he continued. "There is no safe place where people can hide, and get off the world. You can't."



Photo by Staff Sgt. Russell Wicke

DEFENDING FREEDOM Senior Airman Jodi Brown, 455th Expeditionary Security Forces Squadron M-60 machine gun operator, scans the horizon on a random perimeter check at Bagram Air Base Sept. 1. Air Force security forces work with the Army to secure the base.

'Juvat' pilot follows in father's footsteps

By 1st Lt. Herb McConnell
8th Fighter Wing Public Affairs

A former WolfPack member from 1979 to 1980 recently visited his son who is currently stationed here.

Maj. Kip Wilkowski, 80th Fighter Squadron pilot, hosted his father, retired Lt. Col. Jerome Wilkowski, during the Labor Day weekend to take advantage of the extra down time and activities.

Major Wilkowski gave his father a tour of the 80th Fighter Squadron known as the Juvats. Colonel Wilkowski was also a Juvat while stationed here.

"It was great to drive my dad around, and to hear from him how much this place has changed in the last 24 years. According to him, everything has changed from the dormitories to the services offered," Major Wilkowski said.

They also toured the flight line, operational areas, and residential areas during their tour of the base.

"The commissary is a huge improvement. We only had a 'Stop and Shop', and had to go to Taegu for fresh food," Colonel Wilkowski said.

According to Colonel Wilkowski, the building he lived in is now the Juvat squadron commander's residence, but is one of the things that hasn't changed much.

In addition to revisiting his past, Colonel Wilkowski said his visit gave him the opportunity to show his son how proud he is of his accomplishments.

"He took a circuitous route to the fighter community, but he is gaining considerable experience and knowledge. These attributes should serve him and the Air Force well in the future," Colonel Wilkowski said.

Colonel Wilkowski also mentioned, even though the facilities are accommodating, Wolf Pack members should not limit themselves to the base.

"Korea has much to offer in cultural, scenic, and entertainment diversions. Take advantage of at least one of the activities offered through the base, such as tours and community help projects," he



Courtesy photo

FATHER AND SON Maj. Kip Wilkowski, 80th Fighter Squadron pilot, stands with his father retired Lt. Col. Jerome Wilkowski.

said.

Colonel Wilkowski said, Kunsan City and Seoul have been largely influenced by Western culture.

"My dad talked about how the economy is really thriving now. Indeed, it's no secret the South Korean economy has jumped from the poverty level to the 13th largest in the world with signs of Western capitalism, like American fast food restaurants on many a corner," Major Wilkowski said.

Colonel Wilkowski offered a final piece of advice to today's Wolf Pack members.

"There are many unsung heroes who make considerable personal sacrifices to support the aircrews in accomplishing their mission, both in peacetime and wartime. We need to make sure they know we support them," the colonel said.

The colonel's son plans to stay true to his father's advice. "My father and his colleagues are a tough act to follow. They set the standard for us to live up to," he said.

"My Dad's visit served as a solid reminder of the way things used to be here in Korea, and how much they have improved over the past 24 years, and that's something we can all be proud of," Major Wilkowski said.

Travel globe with Air Force clubs

By John Smith
Headquarters Air Force Services

Many airmen have joined the Air Force with dreams of seeing the world — some actually do, while others spend a career at less than exciting places and only dream of seeing the Alps, Waikiki, or Big Ben.

Air Force Clubs hopes to fulfill some of those dreams with its 2003 Membership Drive. Titled Travel

The World On Us, the drive runs Aug. 18 through Oct. 31. More than 140 people will win travel related prizes valued from \$500 to \$5,000 just for signing up for membership. The drive is open to all eligible non-members.

"The wonderful thing about this year's drive is people can go from Broadway to Fiji, it's up to them," said Frank Black, Air Force Club Division chief. "If you win the \$5,000 prize, you could fly to Paris, take a cruise, rent a car, then use the balance to see a sporting event."

All prizes are redeemed through local Air Force Information, Tickets and Travel Offices. "We are extremely happy to be working with Air Force Clubs on this year's drive," said Denise Lanier, Air Force ITT chief. "We signed on because we believe in club membership and know our travel agents will do everything they can to make sure winners have a smooth transition when redeeming their prizes."

Winners on bases without ITT facilities will be able to contact the Headquarters Air Force Services Central Ticket Office to redeem their prizes.

Air Force Clubs also offers a set of prizes to current members.

Currently, 61.51 percent of the Wolf Pack is a club member. Applications may be picked up at the Loring Club cashiers cage. The cashiers cage is open everyday from 10 a.m. to 10 p.m. and memberships cost \$9 for enlisted members and \$12 for officers. For more information, people may call Don Montgomery at 782-4575.



WOLF PACK

Crime Watch

Sept. 1:

Theft of private property — A staff sergeant called the security forces control center and said his bicycle had been stolen from building 1407. The staff sergeant stated the bike was not secured and he had last seen it Aug. 31 at 11 a.m.

Reference to theft of private property — Patrolmen were dispatched to attempt to contact two senior airman who were believed to know something about a guitar that was stolen from the community center. Three airman were taken into custody. All three airmen were advised of their rights. One airman requested a lawyer, another said he thought the guitar was available to sign out, and the third explained he had seen the guitar in the second's room, but thought nothing of it until he heard of a missing guitar.

Sept. 2:

Loud noise complaint — A staff sergeant called the SFCC and said there was loud noise coming from building 315. Patrolmen were briefed and dispatched. They made contact with another staff sergeant and informed him of the 24 hour noise discipline.

Theft of private property— An airman first class called the SFCC and said her wallet had gone missing from her room. A senior airman had been visiting her roommate when the airman first class left the room, leaving her wallet on the table. When the airman first class came back to the room, her wallet was gone. She later found it in her dresser drawer missing about \$80. Her roommate was also missing \$10 from a change cup on the coffee table and said she had left the senior airman alone in the room while she showered. All three airmen completed statements with security forces.

Sept. 3:

Nothing to report.

Sept. 4:

Government owned vehicle accident — A airman first class reported to the SFCC he had been involved in an accident on Avenue C. A patrolman was briefed and dispatched. The airman first class was not certified to operate the vehicle. Damage to the vehicle consisted of a

shattered bottom right sideview mirror and a scratch to the upper right side of the passenger door.

Government owned vehicle accident — A senior airman called the SFCC and reported a minor accident inside the water treatment plant. Patrolmen were dispatched. The patrolmen made contact with an airman first class who stated while backing up the dump truck without a proper spotter he hit a sign. There was no damage to the truck, however the sign was broken at both posts..

Sept. 5:

Nothing to report.

Sept. 6:

Helping hand initiated— A airman radioed the SFCC and stated an individual was breaking red on Taxiway Charlie heading toward hangar 4. Patrolmen were briefed and dispatched. The patrolmen arrived on scene and challenged the person. One of the patrolmen determined the incident a helping hand and up-channelled it. The individual was removed, identified as a senior airman, searched and handcuffed. The patrolmen determined the situation as non-hostile and requested termination of helping hand. The senior airman was transported to the SFCC and briefed on proper exit and entry procedures for a protection level area.

Loud noise complaint — A person called the SFCC to report loud noise coming from the third floor of building 1303. Patrolmen were dispatched. When they arrived at the building they made contact with an airman. They briefed the airman on the 24 hour noise discipline.

Loud noise complaint — A person called the SFCC to report loud noise coming from the third floor of building 1303. Patrolmen were dispatched. When they arrived at the building they made contact with the same airman in the previous noise complaint. The patrolmen informed the airman that if he did not turn his music off, his stereo equipment would be confiscated. The airman complied with the order.

Sept. 7:

Nothing to report.

Courtesy of the 8th Security Forces Squadron

MRE menu debuts new items

By Staff Sgt. Todd Lopez
Air Force Print News

WASHINGTON — Servicemembers in Iraq, Afghanistan and elsewhere will soon have several new MRE options to choose from for their deployed-dining pleasure.

The newest meals, ready-to-eat, feature three new entree items: pot roast with vegetables, barbecue pork ribs and vegetable manicotti. The menu also includes clam chowder, both peanut butter and crispy M&Ms, almond poppy seed pound cake, pumpkin pound cake, chocolate mint cookies and vanilla waffle-sandwich cookies.

The new entree additions

come at a cost, according to Defense Logistics Agency spokesman Jack Hooper.

Jamaican pork chops, pasta with Alfredo sauce and beef with mushrooms are no longer on the MRE menu.

Air Force feedback came mostly from the services largest consumers of MREs — the special-operations community, air-combat controllers and elements of the civil-engineering community.

MREs are designed to provide a complete nutritional meal for servicemembers while in the field, said George Miller, director of Air Force Food Services.

"The bottle of hot sauce has some weight to it," said

Mr. Miller. "We asked if we could add something more nutritious than hot sauce to the MRE — anything to replace that hot sauce for nutritional value."

Troops in the field nearly threatened to go on a hunger strike if they did not get their hot sauce, he said.

"They don't care if you put a candy bar in there, they aren't going to eat (the MRE) without that hot sauce," he said.

The newest MRE menu lineup features the familiar bottle of hot sauce in 15 of the 24 menus.

Production of the latest MREs began in June. They will be made available for immediate use by military services.

OF THE PRIDE PACK

Job: 8th Maintenance Operations Squadron maintenance operations center weapons system coordinator

Primary Duties: Coordinates maintenance activities between flightline and 47 support agencies

Hometown: Dallas, Texas

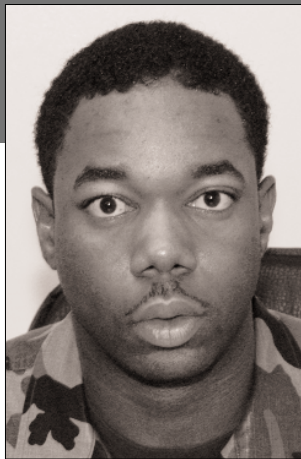
Follow-on: Edwards Air Force Base, Calif.

Hobbies: Basketball, bowling and writing

Favorite music: Jazz

Last good movie you saw: "The Italian Job"

Best thing you've done at Kunsan: went water rafting.



Staff Sgt.
Wesley Glasco

"Staff Sgt. Wesley Glasco is a vital member of the 8th Maintenance Operations Squadron. He stepped out of his normal job as an F-16 crew chief and up to the challenges associated with the senior controller position. Sergeant Glasco exceeded his supervisor's expectations by becoming fully qualified in only two weeks, less than half the time of the scheduled time. Sergeant Glasco was hand picked to deploy to Kadena Air Base, Japan with the 80th Fighter Squadron in support of an 18th Fighter Wing operational readiness exercise. His efforts in setting up communications and lodging contributed to the trouble free arrival of personal. The epitome of a team player, he was recognized as an outstanding performer and was given a 'Juvat' coin for his efforts."

Maj. Mark Joyner
8th Maintenance Operations Squadron, commander

OF THE PRIDE PACK

Job: 8th Aircraft Maintenance Squadron commander support staff customer representative

Primary Duties: EPR program and WAPS testing monitor, and customer service

Hometown: Baltimore, MD.

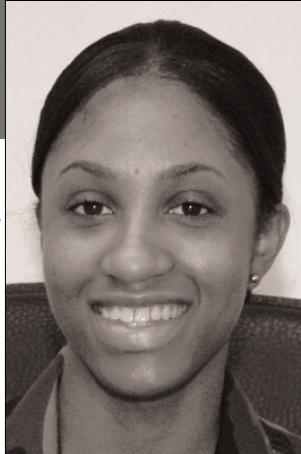
Follow-on: Bowling Air Force Base, D.C.

Hobbies: Shopping and relaxing with friends

Favorite music: Rap and R&B

Last good movie you saw: "Bad Boyz"

Best thing you've done at Kunsan: Visiting the children at the orphanage.



Senior Airman
Michelle Johnson

"Senior Airman Michelle Johnson has shown true dedication, professionalism and pride in her job. She contributed immensely to the revamping of the EPR and OPR process for the squadron. In her short time here, she has taken the squadron to a 99 percent on-time completion rate of the reports. She meticulously reviewed UPRGs of incoming personnel for missing reports and developed a tracking system that allowed accurate dates. She also contributed to the update of a new database with information on squadron personnel. Her hard work led to the completion of this task 15 days before suspense. Her accomplishments certainly deserve the recognition and title of "Pride of the Pack."

Tech. Sgt. Craig Grove
8th Aircraft Maintenance Squadron commander support staff NCOIC

TELEPHONE SERVICE INCREASE



The Department of Defense Information Systems Agency has increased the monthly costs for dorm room telephone service. The cost for service will increase from \$24.34 to \$34.68 per month. This increase takes effect Oct. 1. Members will see the increase on their Nov. 1 Leave and Earnings Statement.

WOLF PACK AND KOREAN AMERICAN GOLF ASSOCIATION: MORE THAN JUST A TRADITION



Senior Airman Christina Holguin, 8th Fighter Wing Public Affairs and Mr. Chin, Seung Ho, Korean American Golf Association member, watch a man at the fish market on Senyou Island cut up a fish that will be served as sashimi Sept. 4.

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

Wolf Pack members, Republic of Korea Air Force members and a few local university students were treated to a boat cruise by the Korean American Golf Association Sept. 4.

"The purpose of the trip is to thank the Wolf Pack members who have been involved with the local community. We later opened it up to the whole wing, so more people could experience this," said Rosemary Song, 8th Fighter Wing Public Affairs.

"The 8th FW and the KAGA have a long history of working together," said Mr. Chu, Kyu Sung, a member of the KAGA. "We want the GI's here and want to show our appreciation for what you are."

The group went to Kunsan City and boarded a ferryboat headed to Sonyou Island, a tiny tourist island and National Park. On the ride there, group members used the karaoke machine on the lower level of the boat and enjoyed the scenery. Many took pictures of natural landmarks while members of the KAGA and the Korean students explained what each landmark was.

Upon arrival at the island, the group was fed a Korean lunch on the dock and allowed to travel the island.

Some rented bikes and rode around the island, taking in the sites. Others watched the locals dig in the shore for shellfish. The KAGA members sat with Wolf Pack members over fresh sashimi and explained Korean culture and answered any other questions members on the tour had.

"We wanted to share with the Wolf Pack the Korean outdoors. We wanted to share our culture and let them see a part of Korea away from the front gate," said Mr. Chin, Seung Ho, a KAGA member. "We wanted to

strengthen our Korean American friendship."

After members had spent about three hours on the island, tides forced the group to leave.

A tired but very enthused Wolf Pack spent the ride back talking with each other and the KAGA members about their trip.

"It was incredible. To get to see a part of Korea outside of the gate for free," said Capt. Paul Dawson, 8th Fighter Wing Legal Office. "The KAGA members are extremely generous, they paid for the tickets and lunch for all of us."

Tech. Sgt. Tammy Sheppard, 8th Operations Support Squadron, couldn't agree more with Captain Dawson.

"This trip was a blessing. The KAGA is very generous and indulging, their support is overwhelming," she said. "The people here are very friendly and gracious. I am so glad I was able to go."

Army Staff Sgt. Kevin Earl, Echo Battery, said the trip was a once in a lifetime experience.

"It is completely different from the hustle and bustle of Kunsan. This is paradise," he said.

The KAGA members said they wanted to share their culture and expose Americans to a different side of Korea. Staff Sgt. Steven Shreve, 8th Aircraft Maintenance Squadron, said this trip changed everything about his outlook of Korea.

"This trip changed my attitude towards Korea. It broadened my outlook," he said. "It was great, now I want to interact more with Koreans, like participating in Habitat for Humanity. I just wish I had started sooner."

The KAGA's generosity paid off. Every member on the trip was amazed with what they had learned and experience this trip brought them. Memories they, no doubt, will carry with them from their tour in Korea.



Airman 1st Class Shariess Green, 8th Aircraft Maintenance Squadron and Republic of Korea air force Sgt. Pak, Jung Boo sing Karaoke on the lower level of the boat on the way to Sonyou Island.



Top: Mr. Chin, Seung Ho, Korean American Golf Association member, offers a clam to Tech. Sgt. Tammy Sheppard, 8th Operations Support Squadron, at a fish market on Senyou Island. **Middle right:** Senior Airman Charles Brisco (left), 8th Logistics Readiness Squadron, and Republic of Korea air force member Chong, Hyouok Hui (right) sing an Usher song on the way to the island. **Bottom right:** (From left) ROKAF member Jung, Hyurk Hee, Airman 1st Class Dan Humphrey, 8th Maintenance Squadron, and Airman Brisco, ride bikes around the island. **Above:** Master Sgt. John Pooler, 8th MXS, and a KAGA member, take in the sites on the way to the island.

7

DAYS

Today

Latin night The Loring Club has Latin night, 9 p.m. to 2 a.m. in the ball-room.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 and 10 a.m. The bus leaves Osan at noon and 4 p.m. Tickets are \$10 or \$9 for special consideration of airman moral one way and \$20 or \$18 for SCAM round trip.

Pentathlon Day The Yellow Sea Bowling Center offers patrons a Pacific Air Forces Pentathlon game piece with any purchase.

Sunday

Brunch Extravaganza The Loring Club offers entree, and side dishes for Sunday brunch 10:30 a.m. to 1 p.m. The price is \$11.95 per person for club members.

B-I-N-G-O The Loring Club offers bingo at 2 p.m. For more information, call 782-4575 or 782-4312.

Dart tournament The Loring Club hosts a dart tournament at 7 p.m.

Spades tournament The Falcon Community Center sponsors a Spades

tournament at 7 p.m. The winner receives a phone card.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at noon and 6 p.m. Tickets are \$10 or \$9 for special consideration of airman moral one way and \$20 or \$18 for SCAM round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Movie madness The Falcon Community Center offers a double feature movie madness at 6 p.m.

Airmen’s bowl The Yellow Sea Bowling Center offers no lane charge for one game or 10 free games for airmen, E-1 through E-4, all day.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. The bus leaves Osan at noon at 6 p.m. Tickets are \$10 or \$9 for special consideration of airman moral one way and \$20 or \$18 for SCAM round trip.

Tuesday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. The bus leaves Osan at noon at 6 p.m. Tickets are \$10 or \$9 for special consideration of airman moral one way and \$20 or \$18 for SCAM round trip.

8-Ball tournament The Falcon Community Center offers an 8-Ball Pool tournament at 7 p.m. The winner receives a phone card.

Sumo wrestling The Loring Club has sumo wrestling 6 to 8 p.m.

Birthday celebration The Falcon Community Center has a birthday celebration for anyone whose birthday is in September at 7 p.m.

Wednesday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. The bus

LOTTE WORLD

The Falcon Community Center sponsors a trip to Lotte World Sept. 20. Lotte World is one of the largest amusement parks and shopping complex in the world. In Lotte World there is a deluxe hotel, folklore center, indoor theme park, sports center and shopping mall. The tour departs at 7 a.m. and returns at 8 p.m. The deadline to sign up is Thursday.



leaves Osan at noon at 6 p.m. Tickets are \$10 or \$9 for special consideration of airman moral one way and \$20 or \$18 for SCAM round trip.

Free food The Loring Club offers club members super subs 6 to 9 p.m.

8-Ball tournament The Loring Club has a 8-Ball Pool tournament at 7 p.m. The winner receives a phone card.

Thursday

Mongolian Barbecue The Loring Club offers mongolian barbecue 5:30 to 8:30 p.m.

Ladies night The Yellow Sea Bowling Center offers free bowling for ladies starting at 6 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. The bus leaves Osan at noon at 6 p.m. Tickets are \$10 or \$9 for special consideration of airman moral one way and \$20 or \$18 for SCAM round trip.

Italian banquet The Loring Club offers an Italian banquet for lunch 11 a.m

Friday

Free food night The Loring Club offers baked chicken 6 to 9 p.m. for club members.

Smorgasbord buffet The Loring Club offers a lunchtime super smorgasbord from 11 a.m. to 1 p.m.

Howlin’ Bowl The Yellow Sea Bowling Center offers Howlin’ Bowl starting at 6 p.m. The cost is \$6 per person.

Midnight breakfast The Loring Club offers midnight breakfast 11 p.m. to 2:30 a.m.

Karaoke The Falcon Community Center offers karaoke 8 p.m. to midnight.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m and 6 p.m. The bus leaves Osan at 6 and 10 p.m. Tickets are \$10 or \$9 for special consideration of airman moral one way, and \$20 or \$18 for SCAM round trip.

Submit events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include time, date, place, point of contact and phone number.

MOVIES

Saturday

“S.W.A.T.” (PG-13) 7 and 9:30 p.m.

Sunday

“The League of Extraordinary Gentlemen” (PG-13) Starring Sean Connery. 6 and 8:30 p.m.

Tuesday

“The League of Extraordinary Gentlemen” (PG-13) 8 p.m.

Wednesday

“How To Deal” (P-13) Starring Mandy Moore. 8 p.m.

Thursday

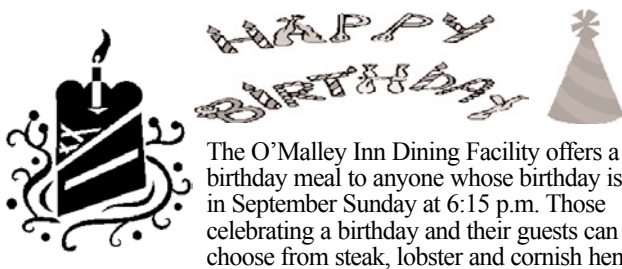
“How To Deal” (P-13) 8 p.m.



Today

“S.W.A.T.” (PG-13) Starring Samuel L. Jackson and LL Cool J. 7 and 9:30 p.m.

Birthday meal



The O’Malley Inn Dining Facility offers a birthday meal to anyone whose birthday is in September Sunday at 6:15 p.m. Those celebrating a birthday and their guests can choose from steak, lobster and cornish hen.



FISHING TRIP TO THE YELLOW SEA

The Falcon Community Center offers a fishing trip Saturday. The trip departs at 6 a.m. from the community center.

Education

Scholarship Children of Wolf Pack members may be eligible for the Boys and Girls Clubs of America Presidential Freedom Scholarship. The youth must be involved with a B&GCA, whether it is on a military installation or in a local community. Nominees must be juniors or seniors in the 2003 to 2004 academic year and must have provided 100 hours or more of exemplary service to the community. The B&GCA must submit the application.

Teachers needed The education center needs teachers. Many enlisted members are trying to go to school here but often run into road blocks when it comes to course availability, mostly due to a lack of teachers. Without the luxury of many college professors, the education center must rely on the officer and enlisted corps to carry the load. For more information, call the University of Maryland at 782-4758 and Central Texas College at 782-5152.

Enlisted commissioning program The education office, building 1051, holds an enlisted commissioning briefing open to anyone interested in applying for officer training school, ROTC or the airman education commissioning program today at 9 a.m. and 1 p.m. For more information, call 782-5148.

CDC testing Career Development Course testing is Thursdays at 9 a.m. in building 1053, room 3. Unit training managers must make appointments for testing.

Meetings

AFSA The Air Force Sergeants Association meets the second Tuesday of each month at 4 p.m. in the Loring Club Officers' Lounge.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet the second Wednesday of each month at 3 p.m. at the Loring Club.

Top 3 The Kunsan Top 3 meets the second Wednesday of each month at 4 p.m. at the Loring Club.

Airman's Advisory Council The council meets the last Tuesday of the month at 3 p.m. in the Loring Club Officers' Lounge. All airmen, E-1 to E-4, are invited to attend.

FSC

Financial Brief The family support center offers a financial briefing for airmen E-1 through E-4 Monday from 4 to 4:30 p.m. in building 755, room 215.

Family reunions The family support center offers a family reunion brief Tuesday

at 3:30 p.m. in the chapel. No registration is required. For more information, call 782-5644.

Sponsor training The family support center offers a class to teach creative ways to sponsor a new person arriving at Kunsan Wednesday at 10 a.m. at the Sonlight Inn. To register, call 782-5644.

Cooking class The family support center offers a cooking class Thursday at 11:30 a.m. at the Sonlight Inn. The class will teach participants how to cook chicken adobo with white rice. To register, call 782-5644.

Volunteer Opportunities

Sonlight Inn The Sonlight Inn is looking for units to volunteer for Friday meals through the end of the year. If interested or for more information, call Senior Airman Jessica Duplantis at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors will receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Korean orphanage Wolf Pack members interested in volunteering at the local Kae Chong Orphanage should meet in the military personnel flight parking lot Thursdays at 6:15 p.m. Transportation is provided. For more information, e-mail or call Airman Nathan Biles at 782-5960.

Chapel

Latter-Day Saint Services are Sundays at 3:30 p.m. at the chapel.

Catholic services Mass is Saturdays at 5:30 p.m., Sundays at 9 a.m., and Mondays and every Wednesday through Friday at 11:30 a.m. at the chapel. Catholic Reconciliation is by appointment, Saturdays at 4:30 p.m. and Sundays at 6 p.m. R.C.I.A. is Wednesdays at 7 p.m. in the chapel conference room.

Protestant services General Protestant worship service is Sundays at 11 a.m. and the contemporary praise and worship service and Bible study is Wednesdays at 6 p.m. Both services are conducted in the chapel.

Gospel Gospel services are Sundays at 1 p.m. and the inspirational praise and worship service is Fridays at 7:30 p.m. at the chapel.

Sonlight Inn hours The Sonlight Inn is open every Sunday through Thursday from 6



Courtesy photo

Retired Gen. Robin Olds a.k.a Wolf 1 will be at Kunsan to tour the base Sept. 24 to 28. General Olds is rated a triple Ace having shot down 17 enemy aircraft in World War II and the Vietnam War.

to 10 p.m., Fridays from 6 p.m. to midnight, and Saturdays from 6:30 a.m. to midnight.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

☐ Women's Bible study and fellowship Tuesdays at 6:30 p.m. at the Sonlight Inn, room 2.

☐ Protestant Bible study Sundays at 9:45 a.m. at the Sonlight Inn, room 1.

☐ Gospel Bible study Sundays at 11 a.m. at the Sonlight Inn, room 2.

☐ Men's Bible study Sundays at 5 p.m. at the Sonlight Inn, room 2.

☐ Intercessory prayer Saturdays at 8:30 p.m. in the chapel conference room.

Miscellaneous

Hispanic heritage VIPs The Hispanic Heritage Observance Month Committee will

sponsor two hispanic Korean War veterans Sept 24. Retired Lt. Col. Angel Escribano Aponte and Capt. Frederico Pagani will speak and answer question at the Hispanic heritage program at 2 p.m.

Hispanic heritage The Hispanic Heritage Observance Month Committee meets Wednesdays at noon at the Sonlight Inn. Hispanic Heritage month is Sept. 15 through Oct. 15. Volunteers are needed for different committees. Everyone is welcome. For more information, call 1st Lt. Hector Morua at 782-6032.

Beach cleanup Members of the Wolf Pack will clean up the beaches surrounding Kunsan Thursday. Over the past few years, old fishing nets, Styrofoam floats, ropes, cans, scrap metal, bottles, bags and other man made items have cluttered the local beach. Approximately 1.5 miles of the surrounding beach will need to be cleaned of debris. to volunteer, please contact your squadron representative or 1st Lt. David Lin at 782-3704.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No "personal" ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Wanted

Singer for a local '80s and '90s hard rock band. Band has needed equipment and about a 40 song set list. Contact CY at 782-8793, or JC at 782-9553.

For Sale

lomega 250mb USB powered ZIP Drive with 1 250mb and 1 100mb ZIP disk. \$45.00. Call Tech. Sgt. Robert Lloyd at 782-4501

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Falcons sneak past Wildcats, 22-21

By 2nd Lt. Rob Arnett
Air Force Academy Public Affairs

EVANSTON, Ill. — Nate Allen's electrifying 79-yard interception return for a touchdown sparked the Air Force Academy Falcons to a fourth-quarter come-from-behind victory, 22-21, over the Northwestern Wildcats.

"That (score) gave our football team a new life, it gave us a belief," said Fisher DeBerry, the Falcons head coach.

Free safety Larry Duncan and back Dennis Poland also picked off Wildcats quarterback Brett Basanez to give the Falcons three fourth-quarter interceptions.

The Falcons capitalized on the Wildcat turnovers to overcome a 21-7 deficit entering the final quarter of play.

Adding to the pressure of trailing the Wildcats was the loss of the Falcon's star quarterback, Chance Harridge. Harridge was ejected in the third quarter for throwing a punch after losing a fumble. He finished the game with 45 yards rushing on seven carries and 51 yards passing on two completions.

Harridge's ejection left sophomore backup quarterback Adam Fitch in command of the offense. In his first series, he led the Falcon offense on an 11-play, 80-yard drive capped off by Anthony Butler's 4-yard touchdown run.

"I thought Adam played with a lot of poise, I thought our older guys rallied around him very well," said DeBerry.

Fitch finished the day completing three passes on four attempts for a total of 51 yards.

Falcon running back Anthony Butler led the offense with two touchdowns. Butler rushed for 107 yards on just 12 carries, averaging nearly nine yards each time he ran the ball. He broke a scoreless tie with 3:30 left in the first



Photo by 2nd Lt. Rob Arnett

FALCONS: Air Force Academy Falcon quarterback Chance Harridge cuts upfield on an option play to gain some yardage. The academy beat Northwestern, 22-21.

quarter when he galloped 56 yards down the sideline for a touchdown after eluding two Wildcat defenders.

Butler pounded out punishing yards and gained a critical first down late in the third quarter to sustain the drive that brought the Falcons within eight points of the Wildcats. Butler also completed a 37-yard half-back pass to receiver J.P. Waller in the first half of play.

"I thought Anthony Butler showed that he is a big-time back," DeBerry said. "When it was tough yardage he never quit, his legs never stopped."

The Falcons went ahead for good with 2:01 left in the fourth quarter when Joey Ashcroft split the uprights

with a 25-yard field goal to pull ahead 22-21. Dennis Poland's interception and return set the Falcons up with great field position for Ashcroft to kick the game winner.

The Falcon defense preserved the win by continuing the stingy play that characterized the second half, in which they only allowed seven points and forced three turnovers. Wildcat's quarterback Brett Basanez was repeatedly hurried, forced to scramble and often knocked down or sacked.

"He got knocked around as much as an option quarterback today," said DeBerry about Basanez.

Despite the Falcon victory, DeBerry said he believes his team needs a lot of

improvement in the next couple of weeks before they can consider themselves a good team.

"(The number of untimely penalties) are very uncharacteristic of Falcon football. We better wake up, we better take control, and we better take charge of those types of things," DeBerry said.

Although they did not play the perfect game, DeBerry said he was thankful for the win.

"We made plays when we had to, and we won the game ... I thought our kids fought hard, and I'm encouraged about that," he said.

The Falcons return home to play the University of North Texas on Today.

SPORTS SHORTS

Soccer players needed

Wolf Pack soccer players are needed. Practice is 6:30 to 8 p.m. Tuesdays and Thursdays and 3:30 to 5:30 p.m. Saturdays at the track. Games are held Saturday and Sunday at the soccer field. For more information, call Tech. Sgt. Timothy Fearnery at 782-5274 or Staff Sgt. Danny Hidalgo at 782-0063.

Aerobic instructors needed

The fitness center needs aerobic instructors. The 8th Services Squadron will pay certified instructors to teach classes. For more information, call 782-4026.

Spinning instructors needed

The fitness center needs two to three spin class instructors to teach spinning classes. The 8th Services Squadron will pay certified instructors. For more information, call 782-4026.



Courtesy photo

Army

One of the oldest rivalries in all of college football will be revisited today when Army hosts Rutgers in the latest edition of a series that dates back to 1891. Both teams are coming off of losses after Rutgers fell at Michigan State (44-28) and Army dropped its season opener to Connecticut (48-21) Saturday.

Intramural bowling league

The fall intramural bowling league begins the first week of September. People interested in bowling should call their units sports representative.

PACAF - Fit to Fight

Martial Arts Classes

Budo Taijutsu/Ninjutsu

Noon Saturday and Sunday - FREE

Tae Kwon Do

8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido

7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do

6 a.m. and 7 p.m. Monday to Friday

Fit to Fight: Nearly one in three Americans admit they don't exercise regularly. As a minimum, 30 minutes of continuous physical activity on most days of the week is adequate for general fitness. For more information on exercise and other health-related topics, call the health and wellness center at 782-4305.



Notice

Please return any towels that belong to the Wolf Pack sports and fitness center

Golf course

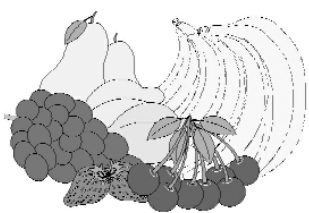
The West Wing Golf Course offers many services including golf club rental, pull cart rental, handicapping services, intramural golf, golf lessons and club fittings. People desiring to compete in tournaments are required to have a handicap. Handicaps can be established by turning in scorecards to the pro shop with name and date estimated return from overseas. Establishing a handicap is free.

The fitness center has personal trainers on staff to help people set up personalized workout programs. For more information, call 782-4026.

Fitness center hours

Monday to Friday
4:30 a.m. to midnight

Weekends, holiday and down days
8 a.m. to midnight



Tips to Healthy Eating

Eat moderate portions:

If you keep portion sizes reasonable, it's easier to eat the foods you want and stay healthy. Did you know the recommended serving of cooked meat is 3 ounces, similar in size to a deck of playing cards? A medium piece of fruit is one serving and a cup of pasta equals two servings. A pint of ice cream contains four servings.

Refer to the Food Guide Pyramid for information on recommended serving sizes.

— Courtesy of the Health and Wellness Center

CSAF's Fitness Challenge: Week Three

By Joel Richardson
Health and wellness center
exercise physiologist

In last week's CSAF Fitness Challenge, cardiovascular fitness was emphasized, as it will comprise 50 percent of the composite score on the Air Force Fitness Test. Another 30 percent of the score will be a body composition assessment. With that in mind, this week's CSAF Fitness Challenge article will focus on body composition and how you can improve it. Although the Air Force hasn't decided on a specific assessment at this time, you should definitely start now to improve your body fat percentage.

The best way to reduce body fat while maintaining muscle mass is to gradually work at increasing caloric expenditure, while making some smart dietary changes. If you are following the workouts laid out in the CSAF Fitness Challenge articles, then you will probably be expending enough calories. The key will more than likely be the types and amounts of foods you eat. If you have been seeing steady weight or body fat gains, a pound or two every few weeks for the last few months or years, then you have probably been eating too many calories, on top of possibly not exercising enough. The nutrition industry refers to this problem as 'weight creep', meaning that the extra pounds slowly 'creep' on to your waistline a little at a time. Try some of these tips for healthier eating during your time at Kunsan.

Eat smaller, more frequent meals. Instead of 3 large meals a day, try spreading that food out over the day with smaller portion

sizes. This will require some meal planning for those folks with higher tempo jobs, but it can be done if you make the commitment to change your body.

Don't 'super-size' your splurge. Everyone has foods they like to eat every once in a while. This is absolutely acceptable, as long as it is the exception, and not the rule. What isn't acceptable is eating so much of your favorite splurge item that you add unwanted pounds. Moderate portions are the key.

Drink plenty of water. The average person needs at least eight eight-ounce glasses of water a day. If you are working out on a regular basis (for instance, following the CSAF Fitness Challenge workout plan), then you would be better off if you doubled that number to 128 ounces a day, particularly if you are outside during the day for your job. The best way to reach this goal is to keep a bottle of water near you at all times.

Eat breakfast. Skipping breakfast will reduce the number of calories you eat during the day, but your metabolism will slow down drastically as a result of the missed meal. When you do finally eat, your body will want to hold on to as many of those calories as possible, which means that you will have a higher chance of those ingested calories turning into fat.

Do not starve yourself. It is shocking how many people at Kunsan do not eat more than one or two meals a day, falling far below what their basic caloric intake should be. People on diets with drastically low calorie levels, under 1,500 per day, are losing more muscle than fat, and only hurting themselves in the long run.

CSAF FITNESS CHALLENGE WORKOUTS, WEEK 3:

Beginners: Three workouts this week

For the first two workouts, Monday and Wednesday, try to finish a 25 minute workout; warm-up for 5 minutes, jog or power walk for 30 seconds, followed by a 30 second recovery walk. Be sure to stretch before and after your workouts to minimize soreness. Your heart rate should be between 65 percent and 75 percent of your target heart rate.

For Friday's workout, you'll do the same 25 minute workout as Monday and Wednesday, but instead of jogging or power walking for 30 seconds, expand it to 45 seconds. Recover for 30 seconds and repeat throughout your workout. Your heart rate should be 65 to 75 percent of your THR.

Intermediate: Three workouts this week

Monday: Thirty-minute run at a moderate intensity, 70 to 85 percent THR

Wednesday: Thirty to 40-minute workout, you choose the type of aerobic activity, 70 to 80 percent THR.

Friday: Thirty-minute run at a moderate intensity, 70 to 85 percent THR, followed by a one-minute push-up test and a one-minute crunch test.

Advanced: 5 workouts this week

Monday: Forty-minute run, moderate intensity, 70 to 85 percent THR

Tuesday: Sixty-minute run, moderate to low intensity, 60 to 70 percent THR

Wednesday: Thirty-minute workout, you choose the type of aerobic activity, 70 to 80 percent THR

Thursday: Forty-five to 60-minute run, 70 to 85 percent THR

Friday: Thirty-minute run; five minutes easy, 60 to 65 percent THR, then 20 minutes at 75 to 85 percent THR, then 5 minutes easy, as a cooldown.

Good eating habits key to keeping fit

By 1st Lt. Mae-Li Allison
Air Armament Center Public Affairs

EGLIN AIR FORCE BASE, Fla.

— Exercising is only one of several elements needed to live a healthy lifestyle, according to Staff Sgt. Cristina Saguin. She is the NCO in charge of nutrition programs at the health and wellness center here.

"Exercise alone cannot improve a person's health," Sergeant Saguin said. "Unfortunately, there are those who think if they exercise, it's a license to eat whatever they want."

This thinking leads to poor eating habits like skipping meals, not eating from all the food groups during the day and fad diets, she said.

"Skipping meals can slow the body's metabolism," said the nutritionist. "Later, they'll overeat, typically on the least healthy of foods."

The first step in improving eating habits, Sergeant Saguin said, is for people to write down everything they eat during the day, and when they eat. This allows people to assess their current eating habits and see what they can change.

Additionally, people should eat small meals and snack throughout the day, making sure the meals and snacks include all the food groups, she said.

Snacks should include whole-grain breads, cereals, rice and pastas, plenty of vegetables and fruits, low-fat dairy products and lean meats. Products made from refined sugar or those

loaded in fat, such as pastries and candy bars, should be eaten in moderation, she said.

"Eating the appropriate foods (helps) to give us the energy we need for daily activity and additional fitness activities," Sergeant Saguin said. "Those frequent, small meals or snacks go a long way in helping us perform our normal duties and enabling us to exercise, too."

Experts at each base's wellness center can provide further information on nutrition and fitness, including directions about weight, cholesterol and blood pressure management. Also, dieticians at the base hospital can give effective tips on how to make lasting changes towards healthy eating habits.

For more information, call the health and wellness center at 784-4305.



Tobacco Cessation

The health and wellness center offers free smoking cessation classes. For more information, call 782-4305.

HAPPY 56 BIRTHDAY, AIR FORCE

By Secretary of the Air Force
Dr. James Roche
and Chief of Staff of the Air Force
Gen. John Jumper

In 56 years, the United States Air Force has earned its wings as the world's greatest air and space force. Our airmen and our technology are the best our nation have to offer, an achievement that flows from the contributions of every airman — whether active, guard, reserve, civilian or retired.

On Sept. 18, the anniversary of our creation, remember that through your integrity, selfless service and incomparable excellence, Americans find strength and confidence in the Air Force's ability to answer our nation's call, no matter when or where we're needed.

We celebrate the Air Force's birthday as we continue to support Operation Iraqi Freedom. Your tireless commitment, agility and profes-

sionalism are the foundation for integrating air and space power into a successful joint and coalition combat operation — one that has already crushed a tyrannical regime and is now helping to blaze the trail of freedom for millions in Iraq.

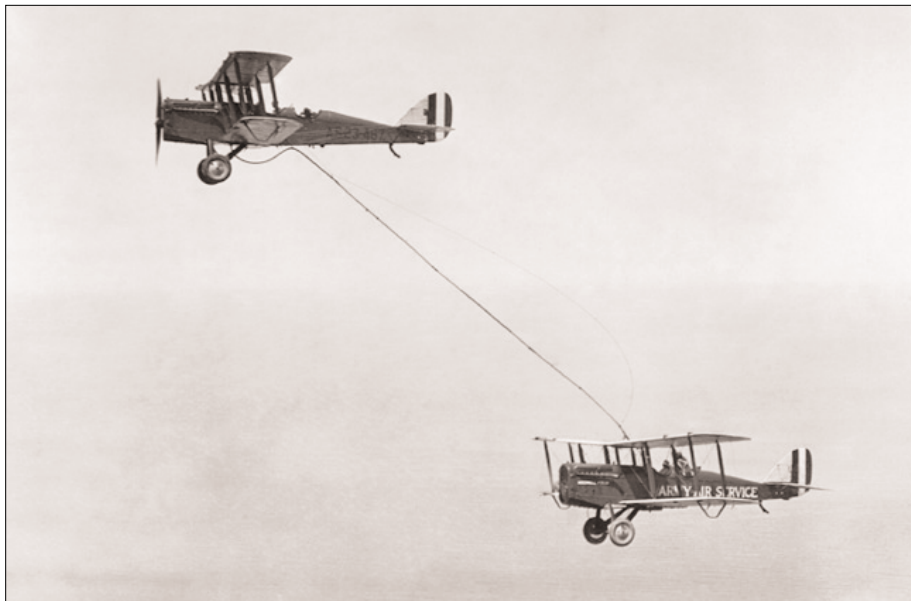
Yet, as we celebrate, we recognize this success is not without costs. We appreciate you and your families' extraordinary sacrifices. Let's take this special occasion to remember the airmen who made the ultimate sacrifice to ensure the security of America and the opportunity of freedom for those who have never before tasted liberty.

The Air Force's legacy has soared in its short history and greater opportunities are on the horizon — opportunities you'll meet with the same courage, commitment and confidence that define our first 56 years. America is proud of our Air Force, and Americans are proud of you. Happy Birthday!



Courtesy photos

AN AMERICAN HERO: Airman 1st Class Paul Volges (front), of New York City, rides the jungle penetrator hoist on another mission of mercy. Volges, an aeromedical technician with Detachment 11, 38th Aerospace Rescue and Recovery Squadron at Tuy Hoa Air Base, has voluntarily risked his life on three occasions to search hostile territory for crash survivors. Assisting Volges is Staff Sgt. William Johnson (center), of Mobile, Ala., flight engineer on the HH-43B helicopter and Maj. John Elliff (right), of Banquete, Texas, pilot and commander of Detachment 11.



HIGH HO SILVER AWAY: Refueling in mid-air June 1923 at Rockwell Field, Calif., June 1923. They stayed in the air four days and used DeHavilland airplanes.



TO THE BAT CAVE: Pilots run to their F-102s in the 1950s.



HERE WE COME TO SAVE THE DAY: Lt. Col. Geoff Jumper, ADVON commander, and Master Sgt. T.J. Johnson, 75th Fighter Squadron first sergeant, stand at parade rest, in front of A-10s, during ceremonies welcoming the 75th to Al Jabbar AB, Kuwait.



TRUTH, HONOR AND JUSTICE AWAITS: On July 19, 1941, the Army Air Force began a program in Alabama to train black Americans as military pilots. Primary flight training was conducted by the Division of Aeronautics of Tuskegee Institute. The first classes of Tuskegee airmen were trained to be fighter pilots for the famous 99th Fighter Squadron, slated for combat duty in North Africa. Additional pilots were assigned to the 332d Fighter Group which flew combat along with the 99th Squadron from bases in Italy.